

Central Kitchen Caterers

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Monday

Hungarian beef goulash with herby pasta
Grilled chicken fillets and tzatziki yoghurt and roasted sweet potato
Smoked salmon salad with pine nuts
Roast chicken, veg of the day with green salad

Tuesday

Pork meatballs and spaghetti with green salad
Chicken A la king with white rice and green salad
Sicilian seafood paella
Roast chicken, veg of the day and green salad

Wednesday

Beef strips with whole grain mustard & honey sauce with brown rice
Chicken satay – with curried coconut , peanut sauce and cucumber salad
Peppered shrimp Al fredo with green salad
Lemon and herb roast chicken, veg of the day, and sambals

Thursday

Grilled chicken breast with balsamic reduction and mushrooms and mashed potato
Grilled pork chop topped with fresh tomato, onion, garlic and feta cheese with crispy potato wedges.
Smoked salmon and cream cheese brochette with cold broccoli creamy salad
Peri peri chicken, veg of the day and creamy broccoli salad

Friday

Traditional boerewors roll with coleslaw
Parmesan crusted chicken schnitzel with creamy potato bake
Sweet and sour battered hake with yellow rice and green salad
Roast chicken, veg of the day with beetroot salad